



UCCOOK

Groote Post's Thai Red Curry Meatballs

with patty pans & basmati rice

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Groote Post Winery

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

	Per 100g	Per Portion
Energy	808kJ	4135kJ
Energy	193kcal	989kcal
Protein	8.8g	45g
Carbs	16g	83g
of which sugars	0.8g	4.2g
Fibre	0.9g	4.8g
Fat	10.1g	51.6g
of which saturated	5g	25.7g
Sodium	227mg	1160mg

Allergens: Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
4	8	Beef Meatballs
80g	160g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
20ml	40ml	Red Curry Paste
100ml	200ml	Coconut Milk
20g	40g	Spinach <i>rinse</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. NICE RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. FLAVOURBOMBS Place a pot over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 2-3 minutes, shifting as they colour. Remove from the pan and set aside.

3. CURRY-COCO SAUCE Return the pot to medium heat with a drizzle of oil, if necessary. Fry the patty pans and the curry paste until fragrant, 1-2 minutes. Mix in the coconut milk, 50ml [100ml] of water, and the meatballs. Simmer until the meatballs are cooked through, 5-6 minutes. In the final 1-2 minutes, mix in the spinach. Remove from the heat, add a sweetener (to taste), the lemon juice (to taste), and season.

4. BOWL UP! Serve up a generous helping of rice, topped with the Thai curry and meatballs. Scatter over the coriander. Enjoy, Chef!